



WOODBROOK VALE PE



Curriculum Intent: As a PE Department our aim is to nurture students to become physically literate individuals who have a desire to invest in their own future wellbeing, both physically and emotionally.

MOTIVATION

Show a desire to seek further opportunities to engage in physical activity in and beyond lessons.

CONFIDENCE

Be self assured and able to take on a variety of roles in a wide range of sports and physical activities with all peers.

KNOWLEDGE AND UNDERSTANDING

Be able to clearly articulate the rules and concepts of each activity. Students will have a clear understanding of sport specific positions and will be able to implement tactics in order to outwit an opponent.

CHARACTER

Actively take on leadership roles within a team environment, showing the utmost respect for staff and peers whilst embracing challenge!

MOVEMENT SKILLS

Be able to successfully transfer skills, techniques and tactics to a wide range of environments/situations.



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EXPLORE

DEVELOP

PERFORM



1. Love of learning and participation.
2. Confidence working with peers.
3. Contribute to group discussion.

1. Show respect to staff and peers.
2. Learn fair play and integrity.
3. Components of teamwork.

1. Technique development.
2. Skills in isolation.
3. Replication of skills in open environment

1. Understand 3 phases of a warm up
2. Introduction to activity rules.
3. Sport specific positions.



4. Lead peers in warm up.
5. Experience leadership roles.
6. Make a useful verbal contribution to working with peers/teams.

4. Operate as part of a team.
5. Motivate self and others.
6. Recognise importance of resilience

4. Increased control and fluency.
5. Skill application.
6. Outwit an opponent.

4. Knowledge of rules through participation and officiating.
5. Development of positions.
6. Leadership.



7. Roles of responsibility.
8. Individual resilience.
9. Utilize teamwork, social confidence and resilience for positive outcome.

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8. Individual resilience.
9. Utilise teamwork, social confidence and resilience for positive outcome.

7. Transferral of skills/techniques.
8. Strategies and tactics.
9. Performance analysis.

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8. Strategies and tactics.
9. Performance analysis.

CONFIDENCE



CHARACTER







MOVEMENT



KNOWLEDGE



Woodbrook Vale PE Learning Journey

Level	Knowledge/ Understanding 	Movement Skills 	Character/ Motivation 	Confidence 
Explore	<ol style="list-style-type: none"> 1. Develop understanding of the 3 phases of a warm up 2. Introduction to the rules of the activity. 3. Develop knowledge of sport specific positions/techniques. 	<ol style="list-style-type: none"> 1. To understand the key teaching points of sport specific skills. 2. To develop physically competency in sport specific skills in isolation. 3. Attempt to replicate those skills in a pressurized environment. 	<ol style="list-style-type: none"> 1. Understand the importance of showing respect to staff and peers. 2. To develop the notion of fair play and integrity. 3. Understand the components that underpin successful teamwork. 	<ol style="list-style-type: none"> 1. Develop a love of learning for PE through participation. 2. Develop confidence when working with peers. 3. Develop social skills through opportunities for discussion.
Develop	<ol style="list-style-type: none"> 4. Demonstrate knowledge of rules through participation and officiating. 5. Demonstrate knowledge of positions through gameplay. 6. Be able to effectively lead a warm up to peers and develop understanding of coaching. 	<ol style="list-style-type: none"> 4. Continue to develop skill set with an increased control and fluency. 5. To be able to select and apply the appropriate skill in a given context. 6. Use sport specific skills to outwit an opponent. 	<ol style="list-style-type: none"> 4. Demonstrate the ability to work effectively as part of a team. 5. Develop the ability to motivate self and others. 6. Begin to understand and utilize resilience when faced with a challenge. 	<ol style="list-style-type: none"> 4. Show confidence to lead peers for a warm up. 5. Experience a range of different leadership roles such as a manager, coach etc. 6. Demonstrate social confidence when addressing peers and working as part of a team.
Perform	<ol style="list-style-type: none"> 7. Be able to successfully transfer skills, techniques to a wide range of environments. 8. To demonstrate knowledge of sport and movement skills to implement a variety of strategies and tactics. 9. To successfully analyse strengths and weaknesses of own/others performances and make recommended improvements. 		<ol style="list-style-type: none"> 7. To actively seek to take on roles of responsibility within lesson. 8. To demonstrate resilience when individually faced with a challenge. 9. To be able to utilize teamwork and social confidence to embrace/overcome a challenge as a team. 	



KNOWLEDGE AND UNDERSTANDING



CURRENT LEVEL: EXPLORE

As a PE student I currently have knowledge and understanding of:

- The 3 phases of a warm up.
- The rules and regulations of individual sports/activities.
- The specific positions relevant to each sport/activity.

TO PROGRESS TO DEVELOP

I must have knowledge and understanding of:

- How to effectively lead a warm up for my peers.
- How to enforce the rules of individual sports/activities when officiating.
- A variety of sport specific positions evidenced through gameplay.

YOU ARE
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DESTINATION





KNOWLEDGE AND UNDERSTANDING



CURRENT LEVEL: DEVELOP

As a PE student I currently have knowledge and understanding of:

- How to effectively lead a warm up for my peers.
- How to enforce the rules of individual sports/activities when officiating.
- A variety of sport specific positions evidenced through gameplay.

TO PROGRESS TO PERFORM

I must have knowledge and understanding of:

- How to successfully transfer skills/techniques to a wide range of environments.
- How to implement sport and movement skills into attacking and defensive strategies.
- How to analyse strengths and weaknesses of own/others performances and make recommended improvements.

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MOVEMENT SKILLS



CURRENT LEVEL: EXPLORE

As a PE student I currently have physical competency when:

- Knowing the key teaching points of sport specific skills.
- Demonstrating those skills in an isolated environment.
- Attempting to replicate pre learned skill set in a pressurised environment.

TO PROGRESS TO DEVELOP

I must attempt to:

- Continue to develop skill set with an increased control and fluency.
- Select and apply the appropriate skill given the context of my surroundings.
- Use my pre learned skill set to be able to outwit an opponent.

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MOVEMENT SKILLS



CURRENT LEVEL: DEVELOP

As a PE student I currently have physical competency when:

- Demonstrating my skill set with an increased control and fluency.
- Selecting and applying the appropriate skill given the context of my surroundings.
- Using my pre learned skill set to be able to outwit an opponent.

TO PROGRESS TO PERFORM

I must attempt to:

- How to successfully transfer skills/techniques to a wide range of environments.
- How to implement sport and movement skills into attacking and defensive strategies.
- How to analyse strengths and weaknesses of own/others performances and make recommended improvements.

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CHARACTER



CURRENT LEVEL: EXPLORE

As a PE student I currently demonstrate character when:

- Understanding the importance of showing respect to staff and peers.
- Developing the notion of fair play and integrity.
- Understanding the components that underpin successful teamwork.

TO PROGRESS TO DEVELOP

I must attempt to:

- Demonstrate the ability to work effectively as part of a team.
- Develop the ability to motivate myself and others.
- Begin to understand and utilize resilience when faced with a challenge.

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CHARACTER



CURRENT LEVEL: DEVELOP

As a PE student I currently demonstrate character when:

- Demonstrating the ability to work effectively as part of a team.
- Developing the ability to motivate myself and others.
- Beginning to understand and utilize resilience when faced with a challenge.

TO PROGRESS TO PERFORM

I must attempt to:

- Actively seek take on roles of responsibility within lesson.
- Demonstrate resilience when individually faced with a challenge.
- To utilize teamwork and social confidence to embrace/overcome a challenge as a team.

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CONFIDENCE



CURRENT LEVEL: EXPLORE

As a PE student I currently demonstrate confidence when:

- Developing a love of learning for PE through participation.
- Developing confidence when working with peers.
- Developing social skills through opportunities for discussion.

TO PROGRESS TO DEVELOP

I must attempt to:

- Show confidence to lead peers for a warm up.
- Experience a range of different leadership roles such as a manager, coach etc.
- Demonstrate social confidence when addressing peers and working as part of a team.

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CONFIDENCE



CURRENT LEVEL: DEVELOP

As a PE student I currently demonstrate confidence when:

- Leading my peers for a warm up.
- Experiencing a range of different leadership roles such as a manager, coach etc.
- Demonstrating social confidence whilst addressing peers and working as part of a team.

TO PROGRESS TO PERFORM

I must attempt to:

- Actively seek take on roles of responsibility within lesson.
- Demonstrate resilience when individually faced with a challenge.
- To utilize teamwork and social confidence to embrace/overcome a challenge as a team.

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